



Get Into betterHEALTH with Dr. Derek Lee

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drlee@yourbetterhealthguide.com.

betterHEALTH clinic
3838 Midland Ave., Suite 103
Toronto, ON, M1V 5K5
416-291-5120

July 2006: In this issue!

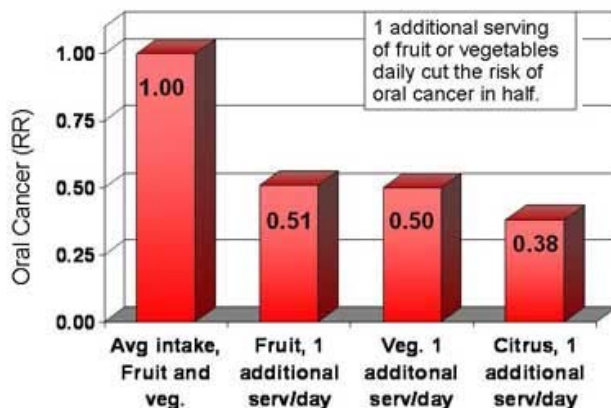
- **Oral Cancer and Fruit and Vegetable Intake**
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● **Oral Cancer and Fruit and Vegetable Intake**

Oral cancer is a major cause of cancer both in the United States (29,000 cases yearly) and worldwide (400,000 new cases yearly). It also has a high mortality rate. Prevention is always the best strategy. A new meta-analysis combining 16 studies on mouth cancer shows that a higher intake of fruits and vegetables protects against the development of mouth cancer.

Fruit intake and vegetable intake were both looked at independently. Both were significantly related to a lower risk of cancer. Compared to people eating an average intake of fruit, each additional serving of fruit showed a 49% decreased risk of developing mouth cancer. Each additional serving of vegetables daily showed a similar protective effect – a 50% reduction in mouth cancer. These reductions are after adjusting for other risks such as smoking or alcohol intake.

Fruit and Vegetables and Oral Cancer



Meta-analysis of 16 studies

Source: *American Journal of Clinical Nutrition*, May 2006.

These are remarkable differences and good information to know. One positive way to reduce your risk of cancer is to include more fruits and vegetables in your daily diet. If your intake of fruits and vegetables is low, even adding one additional serving daily can have a significant effect and may cut your risk in half for this common and deadly cancer.

The foods most closely related to lower risk of cancer were citrus fruits. An additional serving of citrus fruit daily (above average intake) resulted in a 62% decrease in oral cancer risk.

Other lifestyles linked to higher risk of oral cancer include: smoking, regular alcohol intake, and in countries where common, betel quid chewing.

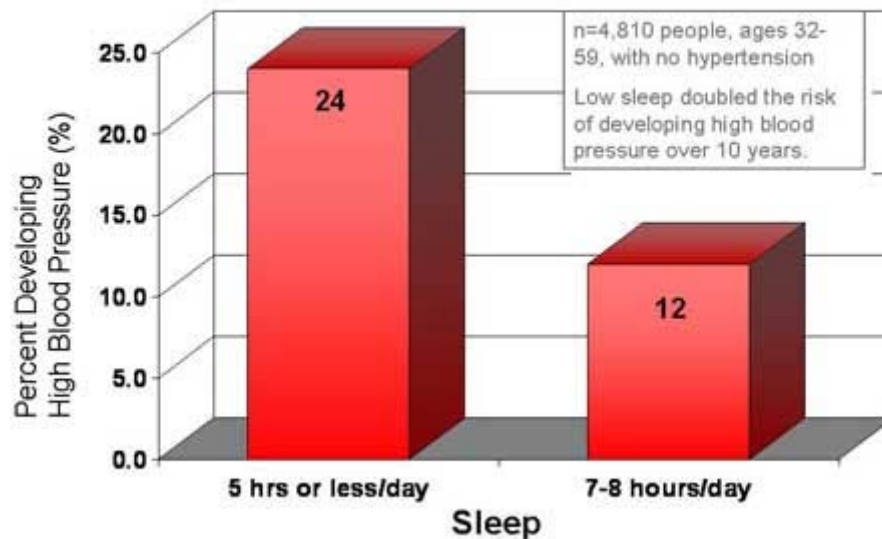
This research adds to the many benefits of eating more fruits and vegetables. Other studies show that a high intake of fruit and vegetables is linked to lower risk of heart disease, stroke, high blood pressure, obesity, and decreased risk of death from all causes. The new U.S. Food Pyramid recommends that women eat at least 7-8 servings of fruits and vegetables daily and men 8-10 servings daily. These foods are lowest in calories, high in nutrients, and have protective substances that help the body fight chronic disease.

Reference: Pavia M, et al. Association between fruit and vegetables and oral cancer. *Am J Clin Nutr.* 2006;83:1126-34. May 2006.

● Sleep and Risk of High Blood Pressure

If you are not getting adequate sleep, you may be increasing your risk of developing high blood pressure. Columbia University studied the sleep habits of 4,810 middle-aged people (32-59). At the start of the study, no one had high blood pressure. During the next 10 years, 647 people developed high blood pressure. They found that those getting only 5 hours or less daily were twice as likely to develop high blood pressure during the 10 year study as those getting 7-8 hours of sleep daily.

Sleep and High Blood Pressure



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Source: *Hypertension*, April 2006.

This increase in risk was independent of other risk factors for high blood pressure. Researchers controlled for obesity, diabetes, physical activity, salt, alcohol use, smoking, depression, age, gender, and ethnicity. Those low in sleep still had twice the risk of developing hypertension.

Those getting less sleep were also more likely to:

- Have a higher body mass index (be overweight)
- Get less regular exercise
- Develop diabetes
- Become depressed
- And reported high levels of day time sleepiness

Other studies have shown that lack of sleep increases appetite and weight gain and compromises insulin sensitivity, increasing the risk for diabetes.

Dr. Gangwisch, principal author of the study, summarized his findings by stating, "A good night's sleep is very important for good health."

Reference: Gangwisch JE, et al. Short sleep duration as a risk factor for hypertension. *Hypertension*. 2006;47:833. April 2006.

● Portion Size and Calorie Intake

The bigger the portion sizes served the more the average person eats. With obesity out of control and restaurants serving ever-larger portions, it's critical that we develop a self-defense.

Penn State University recently studied portion sizes and calorie intake. The first day of the study, women were served large portions (typical restaurant size). They could eat as much as they want. They ate only 2/3 of the food served but still had more calories than needed to maintain a healthy weight.

The few days later they were served similar foods but portion sizes were reduced by 25%. The women still left a little on their plate but ate 250 fewer calories than when the portion sizes were bigger, and they still felt satisfied.

A few days later they served foods that had low calorie density (fewer calories per portion size). Women were again allowed to eat until they were satisfied. This time they ate 575 fewer calories for the day. Both portion size and caloric density of foods are important ways you can help decrease calorie intake naturally.

Here are suggestions the authors made to help control calorie intake naturally:

- When serving food at home, try to keep portion sizes smaller.
- Use smaller plates, bowls, and glasses.
- Keep the food on the stove or counter to help avoid readily available seconds.
- Don't eat in front of the TV. Foods disappear without even realizing it and we continue to eat.
- If you are still hungry and want more food, fill up on low calorie foods (fresh fruit, vegetables, salads, soups).
- Begin meals with healthy starters such as salads (easy on the dressing), soups, or a fruit appetizer.
- When eating out, share an entrée or ask for a box and divide your entrée to take home before you start to eat.
- Don't let the fast food people sell you more than you want. Just say "No" when asked, "Do you want fries with that veggie burger?" A large serving of fries has 1/3 of all the calories you need for a whole day. Never supersize!

Most people have a hard time recognizing a healthy portion or a recommended serving size. A 20 oz. soft drink is actually 2.5 servings. A typical bagel is 2-3 servings of grains. A typical muffin may be 3-4 times a recommended serving of grains (plus lots of fat and sugar). To help people recognize a healthy serving size, NIH has a "Portion" website (see featured Health Links).

Reference: *HealthNews*. The more they serve, the more we eat. July 2006.

● Assessing Anxiety

Anxiety is a common condition affecting everyone at times, but when excessive and prolonged can be debilitating and interfere with normal functioning. It is characterized by excessive feeling of nervousness, fear, and worry that interferes with normal functioning at work or home. It is one of the most common mental health complaints seen in medical and psychiatric care. It is estimated that 3-9% of patients in medical care may be suffering from anxiety. Prevalence in the general population runs as high as 2-5%, or as many as one out of every 20 persons.

Helping people identify this condition and getting adequate care is important for good mental health. A short, self-assessment of anxiety was developed as a screening tool to identify anxiety and its severity. If you are looking for a quick, reliable way to identify anxiety you can use this 7-question screening tool developed by the department of psychiatry at Columbia University.

It is self-scoring. Scores less than 10 indicate normal or mild symptoms of anxiety. Scores of 10 or higher indicates a high likelihood a person is experiencing generalized anxiety disorder (GAD). This person then

needs further evaluation by a mental health counselor to confirm GAD and to initiate proper therapy when indicated.

The quick self-assessment is available in the Resources section of this newsletter.

References: Spitzer R, et al. A brief measure for assessing generalized anxiety disorder. *Arch Intern Med.* 2006;166:1092-97. May 22, 2006.

● Diet and Risk of Alzheimer's Disease

Maintaining good mental acuity throughout one's life is an important public health goal. The cause of Alzheimer's disease (AD) is poorly understood and treatment once it occurs is not very effective. Anything that can help prevent or delay the onset of AD would be a significant help in dealing with this major health problem.

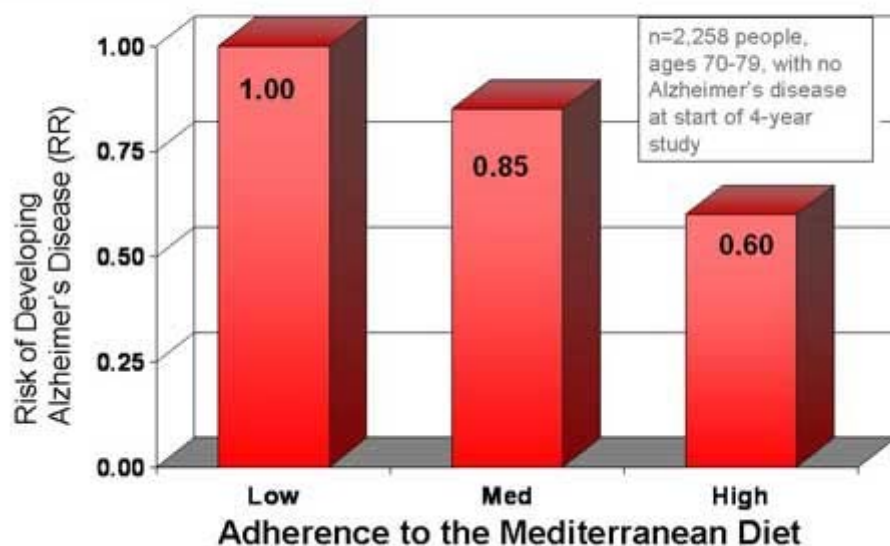
A new study on diet and AD gives evidence that what we eat may be helpful in preventing this disease. The study was conducted in New York and included 2,258 community-based individuals in their 70s who had no evidence of dementia or AD. The study looked at eating habits at the beginning of the study and every 1.5 years. Participants were given a score based on how closely they followed the Mediterranean diet, which has been shown to be healthy for the heart.

The Mediterranean diet is low in saturated fat and cholesterol, and emphasizes a high intake of fruits, vegetables, legumes, nuts, olive oil, and whole grains. Low amounts of meat, poultry, and dairy products are consumed. Fish is used moderately.

During the 4-year study, 262 cases of AD were diagnosed. These people were divided into 3 groups:

- The first third didn't follow the Mediterranean diet very closely. They developed the highest rate of AD.
- The middle third partially followed the Mediterranean diet. They had 15% less AD than the first third.
- The last third followed the Mediterranean diet the closest. They had 40% less AD compared to the third who least followed the Mediterranean diet.

Mediterranean Diet and Alzheimer's



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Source: *Annals of Neurology*, June 2006.

It appears that this dietary pattern (high in fruits, vegetables, legumes, nuts, whole grains, and a little fish, and low in meats, dairy, and saturated fat) is not only good for the heart but is also good for the brain. If this diet helps prevent AD, the more closely we follow it and the earlier these healthy foods are incorporated into the diet, the better.

The researcher's summarized their findings: "We conclude that higher adherence to the Mediterranean diet is associated with a reduction in risk for Alzheimer's disease."

Reference: Scarmeas N, et al. Mediterranean diet and risk for Alzheimer's disease. *Ann Neurol.* 2006;59:912-921. June 2006.

Office Hours.

betterHEALTH Clinic

Monday

9:15 - 12:00/2:30 - 7:00

Wednesday

9:15 - 12:00/2:30 - 7:00

Friday

2:00 - 6:00

Saturday

9:00 - 12:00 (every other Saturday including May 6th and 20th)

Corporate Clinics

Tuesday

Rogers Barrie

Thursday

Rogers Cable York Mills

Friday

Rogers Cable Richmond Hill